

### Go Bruins *Hopeful* Stanley Cup Champs.!

### EASY RECIPES

#### Who is Stanley & Why is his name on the cup?

Sir Frederick Arthur Stanley, 1st Baron Stanley of Preston, 16th Earl of Derby. Born in England, Lord Stanley came to Canada in 1888 to serve as governor-general.

He was an enthusiastic sportsman, and in 1893 purchased and donated a trophy in his name to be awarded to Canada's top-ranking amateur hockey club. That same year, Lord Stanley returned to England. So he never saw a Stanley Cup game.

#### How many Stanley Cups have the Bruins won?

**Six:** 1928-29, 1938-39, 1969-1970, 1971-1972, 2010-2011

#### Who are the original 6 NHL teams ?

- Boston Bruins—1924
- Chicago Black Hawks—1926
- Detroit Red Wings—1926
- Montreal Canadiens—1917
- New York Rangers—1926
- Toronto Maple Leafs—1917

#### Ham & Spinach Couscous

- 2 c. water
- 1 c. chopped cooked ham
- 1 c. chopped fresh spinach
- 1/2 tsp. garlic salt
- 1 c. uncooked couscous
- 1/4 c. shredded cheddar cheese

In large saucepan, combine the water, ham, spinach and garlic salt. Bring to a boil. Stir in couscous. Remove from heat, cover and let stand for 5 - 10 minutes until water is absorbed. Fluff with a fork. Sprinkle with cheese.

#### READING ELDER SERVICES

16 LOWELL STREET  
Reading, MA 01867

#### DID YOU KNOW:

You can obtain a copy of the *Pleasanties* at several locations around town or via email. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.



# Pleasanties

## Reading Senior Newsletter

www.readingma.gov/elder

JULY 2013

#### Elder / Human Services

16 Lowell St.  
781-942-6608  
Fax 781-942-9071  
M, W, & Th. 7:30 - 5:30 p.m.  
Tuesday 7:30 - 7:00 p.m.

#### Pleasant Street Center

49 Pleasant St.  
781-942-6794  
Fax 781-942-9034  
Mon.- Fri. 8:30 - 4:00 p.m.

#### Elder/Human Administrator

Jane Burns  
781-942-6658

#### Clerk

Ann Gentile  
781-942-6608

#### Nurse Advocate

Dianne Luther, RN  
781-608-5271

#### Pleasant Street Center

**Coordinator**  
Sharon Thomas  
781-942-6796

#### Case Worker

Kerry Valle  
781-942-6659

#### Van Driver

Joe Beninati

#### Council on Aging

Carol Oniskey, Chairman  
Erica Deane, Vice Chairman  
Kevin Walsh, Secretary  
Dolly DeRosa  
Christine Hansen  
Margaret Havey  
Sally Hoyt  
Steve Oston  
Thomas Procopio  
Carole Scrima

Summer is in full swing at the Pleasant Street Center and we continue to make improvements in and around the building. The vegetable garden is planted and we are looking forward to some fresh veggies in August. This year we are giving the staff a short break and consolidating July/August Pleasanties into one newsletter. There is an insert included with this publication that lists the lunch calendar and special events for August. Make sure to keep this handy throughout the summer. Don't forget to stay hydrated on those hot days and remember you can always cool off at the Center.

### SPECIAL EVENTS

There is no van service on July 1 (1<sup>st</sup> Monday in July)  
Reservations start Wednesday, June 26

- Independence Day Special Lunch** -Tuesday, July 2 - Noon
- Lunch n' Learn - Tick Talk** - Tuesday, July 9 - 12:30
- Birthday Lunch** - Monday, July 15 - noon
- Summer Reading Scoop!** Thursday, July 18 - 1:00 p.m.
- Council on Aging Lobster Roll Dinner** - July 18 - 5:00 pm
- MOVIE Monday, July 22 - The King's Speech** - 1:15 Great Room
- Lunch n' Learn - Warning signs of Dehydration and Sun Stroke:** Tuesday, July 23 - 12:30 p.m.
- Ice Cream Social by Sunrise!** Thursday, July 25 - 2:30 p.m. Great Rm. -
- Wheel of Fortune:** Wednesday, July 31 - 12:45 p.m.

**IMPORTANT SYMBOLS**  
Registration Require  
781-942-6794

 Free Transportation  
781-942-6794  
Reservations start June 26- Please call by noon at least two days before the event. Cancellations after 4:00 p.m. - leave a message.

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## MONTHLY ACTIVITIES

**Fix It** - Leave the lamp at the reception desk any day. You only pay for parts

**Movie (reshowing) Monday, July 1st - 1:15 p.m.** - *Argo* - Best Picture 2012. In 1979, Iranian militants seize the American embassy, six Americans slip into the Canadian embassy for protection, prompting the CIA to concoct an elaborate plot to rescue them. Cast: Ben Affleck, Bryan Cranston, Alan Arkin and John Goodman

**Independence Day Special Lunch - Tuesday July 2 Noon - Entertainment** by Geri-Jingles & Rhythm-Aires Tambourine Bands and the Silver Notes (Bingo will start at 1:30)

**Lunch n' Learn - Tick Talk - Tuesday, July 9 - 12:00 - 1:00 p.m.** Tick Bite Awareness - Public Health Nurse Dina McCarron will discuss how to protect yourself from ticks and other critters that bite and make you sick. Informational packets provided.

**Birthday Lunch - Monday, July 15 noon - Celebrate your birthday - Bring your friends to celebrate with you; your lunch is free. If it is not your birthday month, suggested donation for lunch is \$2.00.**

**Get the Scoop on Summer Reading!** Thursday, July 18 - 1:00 p.m. RPL librarians Lorraine Barry, Kathy Miksis, and Andrea Fiorillo will preview some good books as well as provide a cool summer treat to eat while you listen!

**Lobster Roll Dinner sponsored by the COA.** Thursday, July 18, 5:00 - 6:30 p.m. Come to the Pleasant Street Center and enjoy this free summer event. Reading Residents only. Doors open at 4:30 p.m. Call to reserve- 781-942-6794.

**S.H.I.N.E. Counseling - (Serving Health Insurance Needs of Elders) Meeting in the Computer Room** Friday, July 19 - 10:00 a.m. - 1:00 p.m. Call for an appointment at 781.942.6794.

**MOVIE Monday, July 22 - 1:15 Great Room**  
**The King's Speech 2010.** Academy Award Winner Best Picture, Britain's King George VI struggles with an embarrassing stutter until he seeks help from unorthodox Australian speech therapist Lionel Logue.

**Lunch n' Learn - Warning signs of Dehydration and Sun Stroke:** Tuesday, July 23 - noon, Dianne Luther, Nurse Advocate, will discuss the dangers of summer heat. A hydrating treat will be served.

**Ice Cream Social by Sunrise!** Thursday, July 25 - 2:30 p.m. Great Rm. - Cool off with a delicious ice cream sundae with all the fixings! Sunrise Assisted Living of Lynnfield will provide the goodies; you just bring your sweet tooth and your appetite! **NOTE: BINGO WILL END AT 2:15 p.m.**

**Wheel of Fortune:** Wednesday, July 31 - 12:45 - 1:45 p.m. Would you like to buy a vowel or take another spin with the prize wheel? Come up on your own or bring a buddy and try your hand at solving the puzzle. If you prefer, challenge your puzzle skills from your table. But Shhh, no yelling out answers!

**Lunch is Served - Noon - sponsored by Mystic Valley Elder Services.** Donation of \$2.00. Reservations required 2 days in advance. Call 781.942.6794.

### Senior Groups

**Low-vision Group - July 10 - 10:00 a.m. - Speaker - Safety Officer Martel from the Reading Police Dept.**

**Bereavement Support Group** Suzie Yoffe, Bereavement Coordinator, VNA Middlesex East, 781.224.3399 call for information. Registration required.

**Parkinson's Disease Support Group** Wednesday, July 10 - 1:30 - 3:00 p.m. and will meet on the 2<sup>nd</sup> Wednesday of each month.

### Pleasant Street Spa

**Roberta Our Hairdresser** - not available for July and August.

**For facials & manicures please call the Pleasant Street Center (No Van Service)**

**Facials - Thursday, July 18 - 8:30 a.m.-11:00 a.m.**  
Choose 15 min./ \$5 or 30 min. /\$10.

**Manicures - Thursday, July 11 & 25 - 9:30 a.m. - 1:00 p.m.** \$5.00 or \$6.00 French.

## Misc. Announcements

**The Reading Response Program** provides assistance to Reading residents with Home Health Services, transportation to medical appointments and paying for hospital services. The program is funded by the investment income on the Hospital Trust Funds. Financial guidelines do apply, with a sliding scale of co-pays for varying income levels. This is intended to be a supplemental program providing medically necessary assistance that is not covered under Medicare or private health insurance. For more information please attend the 'Lunch n' Learn' program on August 1 or contact Elder/Human Services at 781-942-6659

### Mystic Valley Elder Services' TRIP Program:

If you no longer drive, you can still visit with friends, dine out, and shop where you like. Call (781) 324-7705 to see if you qualify for TRIP. This free program gives you money to reimburse friends, neighbors, and certain family members for taking you anywhere you need or want to go.

There continues to be a rash of scam artists plaguing Reading seniors. **Remember never give out personal information over the phone.** Various scams have included Medical Alert and Chimney sweeping. If a deal sounds too good to be true then it isn't true. Medicare, Social Security and other government agencies do not call you looking for information.

## Library Happenings

**Livewires Presents: *Through the Gate: A Tour of the Fuller Gardens*** Tuesday July 23, 7:00 p.m. Crystal Garden Club President Chris Redford guides us through the history and highlights of the exquisite Fuller Estate gardens in North Hampton, NH. Enjoy armchair travel through formal English, Japanese, and rose gardens, and then plan a trip to see it all in person.

**LiveWires Coffee & More; Not Too Stuff Book Group; Drop-in Chess are on summer break. See you in September.**

## Health Screenings

**Podiatry Clinic,** Monday, July 8 - Noon - 6:00 p.m. Call 781.438.2525 to schedule an appointment. Cost \$30/ Pleasant Street Center visit & \$50/ home visit.

### Blood Pressure Check

Thursday, July 18 Peter Sanborn Place 10:30 a.m. - 11:30 a.m.  
Thursday, July 25 Pleasant Street Center 11:00 a.m. - 12:00 p.m.

**Thank you - Reading Lions Club** for their annual delicious Italian Dinner

**Thank you - to our volunteers** who support us throughout the year. Those of you taking a summer break - enjoy your respite. Those of you filling in for the summer, thank you as well.

## CHIT CHAT

**Questions/Concerns? Visit the Pleasant Street Center**

**Board of Selectmen Office Hours** Tuesday, July 9 - 6:30 - 7:00 p.m. - Town Hall Conf. Rm.

**Senator Katherine Clark** Friday, July 19 - 11:00 a.m.

**Meet the 'New' Town Manager** TBD

For information relating to legislative issues affecting seniors, please call Sally Hoyt, Senate President, (781) 944-1191.

## Winner's

- May Bingo Winners-** Robert Fitzgerald (twice), Mary Sullivan (twice), Tommie Kelly, Warren Murray, Sheena Rauseo, Blanche Spitz, Bill Sullivan and Pauline Teixeira

## On the Go!



Van transportation is a free service to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794. 

The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 am you should be ready by 8:45 am).

### Woburn Mall, Target or Kohl's for everyone

Monday, July 8 - 1:00 - 2:30 p.m. & July 22 - 9:00 - 10:30 a.m.

### Wal-Mart for everyone

Monday, July 8 & July 29 - 9:00 - 10:30 a.m. & July 22 - 1:00 - 2:30 p.m.

### Downtown Errands, Calareso's or Library for everyone

Monday, July 15 - 9:00 - 10:15 a.m.

### Redstone Shopping Center for everyone

Monday, July 15 - 1:00 - 2:30 p.m.

### Burbank YMCA for everyone -All Tuesdays and Thursdays from 8:15 - 10:45 a.m.

Showcase Cinemas Woburn Silver Screen Classics on Monday, July 29<sup>th</sup> at 1pm. Admission is \$2.00, including a small popcorn and soda. Movie TBA

Neighborhood Shopping: Wednesdays - 8:45 - 10:00 a.m. & 1:45 - 3:00 p.m.

Cedar Glen: Thursdays - 8:45 - 10:00 a.m.

Tannerville: Fridays - 8:45 - 10:00 a.m.

There is **no** van service on July 1 (1<sup>st</sup> Monday in July) The Center is closed Thursday, July 4 - Independence Day

### Rules of the road...

- All riders must meet the *Standards of Independence for participation at the Pleasant Street Center.*
- Seatbelts are required until the van comes to a complete stop.
- 4 bags per rider.
- As a courtesy to others please be on time for home pickup and return pickup!

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## Senior Thursday's

\$12.00

## NENO'S BARBERSHOP

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Come in for a cut and a coffee!

Formerly of the Clipper Barbershop - Wilmington

## CLASSES, CRAFTS & GAMES

**Art Lessons with Steve Greco** Tuesdays - 9:30 a.m. - 12:00 p.m. 2 ½ hours for \$10.00 Steve will teach any medium (this is a regular program which will run year round) 

**Klickity Klack (Knitting Group)** Wednesdays - 9:30 - 11:00 a.m. Arts & Crafts . New knitters welcome. 

**Painting Group** Fridays - 10:00 a.m. - 12:30 p.m. Arts & Crafts Room (No Van)

**Computer Classes** - Check with the receptionist. We may have a substitute teacher for the summer!

**Cribbage** Mondays 1:00 - 3:00 p.m.

**Billiards** (No van). Wednesdays, 10:00 - 11:15 a.m.

**Pool table** is available Monday - Friday

**Chess** Friday, 1:00 - 3:00 p.m. (No van).

**Bingo** Tuesdays & Thursdays, 1:00 - 2:30 p.m. 

**Party Bridge** Friday, 1:15 - 3:45 p.m.- \$1.00 to play - Maximum 32, Great Room (No Van)

**Drop in Game Day** Thursdays, 12:30 - 3:30 pm. Do you need a place to meet and play a game with your friends?

## FITNESS

**Motion to Music** - Tuesdays & Thursdays, 9:00 - 10:00 a.m. Great Rm. \$20/month; **NOTE:** \$15/month - any 5 classes during the calendar month.

**B.E.S.T.** - Balance, Energy, Strength, Training   
Fridays, 9:00 - 10:00 a.m. Lounge. \$3/Session. **No classes on July 5 & July 19**

**Yoga** -- (no class on July 1st) Mondays - 11:00 - 12:00 4 weeks for \$32 or \$10 for drop-in.

**Zumba w/Kelli** - Mondays, 9:15 - 10:15 a.m. \$5/session



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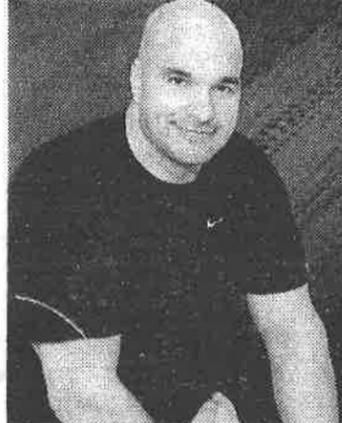
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>No van service today</b></p> <p>9:15 Zumba 12:00 Lunch 1:00 Cribbage 1:15 Movie</p> <p>Meatloaf or Mediterranean tortellini salad</p> <p style="text-align: right;"><b>1</b></p>	<p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Independence Day Lunch 1:30 Bingo</p> <p>BBQ chicken served with tossed garden salad</p> <p style="text-align: right;"><b>2</b></p>	<p>8:45 Neighborhood Shopping 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:45 Neighborhood Shopping</p> <p>Breaded fish sandwich or Chef salad</p> <p style="text-align: right;"><b>3</b></p>	<p>Senior Center and Town Hall Closed</p> <p>Independence Day</p> <p style="text-align: right;"><b>4</b></p>	<p>8:45 FTD Shopping 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Lentil stew or Egg salad sandwich</p> <p style="text-align: right;"><b>5</b></p>
<p>9:00 Walmart 9:15 Zumba 11:00 Yoga 12:00 Lunch 12:00 Podiatry 1:00 Cribbage 1:00 Target, Kohls, Mall</p> <p>Potato crunch fish or Turkey and Swiss cheese</p> <p style="text-align: right;"><b>8</b></p>	<p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch n' Learn Tick Talk 1:00 Bingo</p> <p>Whole grain stuffed shells or Chicken Caesar salad</p> <p style="text-align: right;"><b>9</b></p>	<p>8:45 Neighborhood Shopping 9:30 Klickity Klack 10:00 Low Vision / 10:00 Billiards 12:00 Lunch 1:30 Parkinson Support 1:45 Neighborhood Shopping</p> <p>Veggie burger or Tuna salad sandwich</p> <p style="text-align: right;"><b>10</b></p>	<p>8:15 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicure 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo</p> <p>Chicken Cacciatore or Seafood salad sandwich</p> <p style="text-align: right;"><b>11</b></p>	<p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Beef stew or California chicken salad</p> <p style="text-align: right;"><b>12</b></p>
<p>9:00 Downtown Errands/Library 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Redstone</p> <p>Whole grain cheese lasagna or Roast beef and provolone sandwich cheese sandwich</p> <p style="text-align: right;"><b>15</b></p>	<p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo</p> <p>Pot roast or Egg salad sandwich</p> <p style="text-align: right;"><b>16</b></p>	<p>8:45 Neighborhood Shopping 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:45 Neighborhood Shopping</p> <p>Chicken a la king or Ham and Swiss cheese sandwich</p> <p style="text-align: right;"><b>17</b></p>	<p>8:15 Burbank YMCA 8:30 Facials 8:45 CG Shopping 9:00 Motion to Music 12:00 Lunch 12:30 Drop in Game Day 1:00 Summer Reading Scoop 1:00 Bingo 5:00 Lobster Roll Dinner</p> <p>Broccoli mushroom quiche or Chef salad</p> <p style="text-align: right;"><b>18</b></p>	<p>8:45 FTD Shopping 10:00 SHINE 10:00 Painting 11:00 Senator Clark 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Fish sticks or Turkey salad sandwich</p> <p style="text-align: right;"><b>19</b></p>
<p>9:15 Zumba 9:00 Target, Kohls, Mall 11:00 Yoga 12:00 Lunch 1:15 Movie 1:00 Walmart 1:00 Cribbage</p> <p>Greek chicken or Ham and Swiss cheese sandwich</p> <p style="text-align: right;"><b>22</b></p>	<p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch n' Learn - Dehydration 1:00 Bingo</p> <p>Meatball sub or Turkey and provolone cheese sandwich</p> <p style="text-align: right;"><b>23</b></p>	<p>8:45 Neighborhood Shopping 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:45 Neighborhood Shopping</p> <p>Salmon boat or Roast beef and American cheese sandwich</p> <p style="text-align: right;"><b>24</b></p>	<p>8:15 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicure 11:00 Blood Pressure 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo 2:30 Ice Cream Social</p> <p>Roasted turkey or Tossed garden salad</p> <p style="text-align: right;"><b>25</b></p>	<p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Reduced sodium hot dog or Egg salad sandwich</p> <p style="text-align: right;"><b>26</b></p>
<p style="text-align: right;"><b>29</b></p> <p>9:00 Walmart 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Showcase Cinema</p> <p>Roast pork or Turkey and Swiss cheese sandwich</p>	<p style="text-align: right;"><b>30</b></p> <p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo</p> <p>Macaroni and cheese or Roast beef and provolone cheese sandwich</p>	<p style="text-align: right;"><b>31</b></p> <p>8:45 Neighborhood Shopping 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 12:45 Wheel of Fortune 1:45 Neighborhood Shopping</p> <p>Roasted chicken or Seafood salad sandwich</p>	<p>These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed. Thank you</p> <p>SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD, THE CHARGE FOR LUNCH IS \$3.50</p>	<p><b>ABBREVIATIONS</b> CG = Cedar Glen FTD = Frank Tanner Drive Everything in <b>Bold</b> - Transportation is available</p>

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